COVID-19 VIRTUAL ACTIVITES SCHEDULE

JUNE 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
	8:30 "SELF MASSAGE CLASS" 10:30 ART WORKSHOP 2:15 LATIN DANCE	8:45 AEROBICS 10:00 UCSF ART CLASS 2:00 INTERGENERATIONAL NUTRITION CLASS 3:30 COMPUTER CLASS	9:00 SENIORS MEETING 10:00 GUITAR CLASS 2:15 LATIN DANCE	8:45 CHAIR EXERCISE 9:30 HEALTH SCREENING 1:00 CORO SOLERA 3:00 INTERGENERATIONAL DRUMS CLASS	9:00 PSYCHOEDUCATION GROUP 10:30 ART WORKSHOP 1:00 INTERGENERATIONAL SUPPORT SESSION
7	8	9	10	11	12
8:45 TAI CHI 2:00 GUITAR CLASS	8:30 "SELF MASSAGE CLASS" 10:30 ART WORKSHOP 2:15 LATIN DANCE	8:45 AEROBICS 2:00 NUTRITION WORKSHOP 3:30 COMPUTER CLASS	10:00 GUITAR CLASS 2:15 LATIN DANCE	8:45 CHAIR EXERCISE 10:00 UCSF ART CLASS 1:00 CORO SOLERA 3:00 INTERGENERATIONAL DRUMS CLASS	9:00 PSYCHOEDUCATION GROUP 10:30 ART WORKSHOP 1:00 INTERGENERATIONAL SUPPORT SESSION
14	15	16	17	18	18
8:45 TAI CHI 10:00 "KEEP YOUR BRAIN HEALTHY" 2:00 GUITAR CLASS	8:30 "SELF MASSAGE CLASS" 10:30 ART WORKSHOP 2:15 LATIN DANCE	8:45 AEROBICS 2:00 INTERGENERATIONAL NUTRITION CLASS 3:30 COMPUTER CLASS	10:00 GUITAR CLASS 1:00 "HEALTH 4U SUPPORT GROUP" 2:15 LATIN DANCE	8:45 CHAIR EXERCISE 9:30 HEALTH SCREENING 10:00 UCSF ART CLASS 3:00 INTERGENERATIONAL DRUMS CLASS	9:00 PSYCHOEDUCATION GROUP 10:30 ART WORKSHOP 1:00 INTERGENERATIONAL SUPPORT SESSION
21	22	23	24	25	25
8:45 TAI CHI 2:00 GUITAR CLASS	8:30 "SELF MASSAGE CLASS" 10:30 ART WORKSHOP 2:15 LATIN DANCE	8:45 AEROBICS 2:00 NUTRITION WORKSHOP 3:30 COMPUTER CLASS	10:00 GUITAR CLASS 2:15 LATIN DANCE	8:45 CHAIR EXERCISE 10:00 UCSF ART CLASS 3:00 INTERGENERATIONAL DRUMS CLASS	9:00 PSYCHOEDUCATION GROUP 10:30 ART WORKSHOP 1:00 INTERGENERATIONAL SUPPORT SESSION
28	29	20			
8:45 TAI CHI 2:00 GUITAR CLASS	8:30 "SELF MASSAGE CLASS" 10:30 ART WORKSHOP 2:15 LATIN DANCE	8:45 AEROBICS 10:00 CORO SOLERA 3:30 COMPUTER CLASS			

HEALTHY AGING & DISABILITY PROGRAM
362 Capp Street
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WEEKLY CLASSES

Monday	**8:45-9:30 TAI CHI**	Meeting ID: **978 146 5382** Password: **sfstate**
	10:00-11:00 KEEP YOUR BRAIN HEALTHY **(ONLY ON JUNE 14th)**	Meeting ID: **723 161 4019** Password: **4eesqX**
	2:00-4:00 GUITAR CLASS	
Tuesday	**8:30-9:15 SELF MASSAGE CLASS** **(JUNE 1st, 8th, 15th, 22nd, 29th)**	Meeting ID: **978 146 5382** Password: **sfstate**
	10:30-12:30 ART WORKSHOP	Meeting ID: **723 161 4019** Password: **4eesqX**
	2:15-3:15 LATIN DANCE	
Wednesday	**8:45-9:30 AEROBICS**	Meeting ID: **978 146 5382** Password: **sfstate**
	2:00-3:00 INT NUTRITION CLASS	Meeting ID: **723 161 4019** Password: **4eesqX**
	3:30-4:30 COMPUTER CLASS	
Thursday	**9:00-10:00 SENIOR MEETING** **(ONLY ON JUNE 3rd)**	Meeting ID: **723 161 4019** Password: **4eesqX**
	10:00-12:00 GUITAR CLASS	
	1:00-2:00 HEALTH 4U SUPPORT GROUP **(ONLY ON JUNE 17th)**	
	2:15-3:15 LATIN DANCE	
Friday	**8:45-9:30 CHAIR EXERCISE**	Meeting ID: **978 146 5382** Password: **sfstate**
	10:00-12:00 UCSF ART CLASS	Meeting ID: **723 161 4019** Password: **4eesqX**
	1:00-3:00 CORO SOLERA **(JUNE 4tH, 11th, AND 30th)**	Meeting ID: **393 569 9729** Pasword: **5439638**
	3:00-4:00 INT DRUMS CLASS	Meeting ID: **723 161 4019** Password: **4eesqX**
Saturday	**9:00-10:00 PSYCHOEDUCATION GROUP**	Meeting ID: **723 161 4019** Password: **4eesqX**
	10:30-12:30 ART WORKSHOP	
	1:00-2:30 INT SUPPORT SESSION	